



Produced with funding from the Iowa
Department of Public Health, Division of
Tobacco Use Prevention and Control

©2018 National Jewish Health
Created February 2018



**quit
tobacco
today**



QUITLINE IOWA

1 800 QUIT NOW | 1 800 784 8669

Quitting tobacco is one of the best things you can do for you and your baby. Quitline Iowa's pregnancy program, with dedicated female coaches and support services, gives you the help you need to quit for good.

Visit QuitlineIowa.org or call **1-800-QUIT-NOW** for help quitting.